

Things that affect our testosterone

135 upvotes | 7 April, 2020 | by AbusiveFather1

I know diet and exercise affect it, but do the decisions you make, your philosophy and mentality, your thoughts affect it as well? Also, does the season (winter vs. summer) make a difference? I sometimes find I'm getting a bit depressed/weak (also in frame), less driven, even though my diet and exercise is in check.

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Comments

[deleted] 7 April, 2020 07:34 PM

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[deleted] 8 April, 2020 01:52 AM*

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Inyox • 15 points • 8 April, 2020 03:11 AM

Depends, probably means you are not getting quality sleep

BusterVadge • 18 points • 7 April, 2020 11:12 PM

Holy shit... That study. I'm going to get my ass in bed right now and it's only 7:00!

[deleted] 8 April, 2020 04:15 AM*

[deleted]

perplexedm • 3 points • 8 April, 2020 11:58 AM

Oversleeping is very bad for health. What is you need is proper quality sleep.

[deleted] • 112 points • 7 April, 2020 08:14 PM*

1. Vitamin D

2. Sun

3. Not Active enough or lifting

4. Plastic water bottles or utensils like Our Nalgene bottle 5. Bpa

6. Water were drinking is pumped with women's birth control

7. Always Fapping and watching porn

8. Eating like shit

1. Not enough sleep

2. Stress, Cortisol. Video games causes Stress

dunny3 • 18 points • 7 April, 2020 09:16 PM

Can you please elaborate on the water?

[deleted] • 32 points • 7 April, 2020 09:17 PM

<https://www.businessinsider.com/birth-control-pills-hormones-estrogen-drinking-water-health-effects-2019-10>

Personally if I were you I'd get a Berkeley filter water, or get natural spring water from your nearest source

Ill_mumble_that • 46 points • 7 April, 2020 09:22 PM

Reverse osmosis kit on amazon. \$197. Takes the water down to 0 ppm absolutely pure. Get one with an Alkaline filter and it then adds essential minerals back and lands around 20 ppm. Might as well get the UV filter too because fuck it, bacteria and shit in the water ain't good.

[deleted] • 23 points • 7 April, 2020 09:25 PM

This. Might be expensive but you should be No.1 that'll make you feel good. Will also improve your health by tons and will block out any unnecessary chemicals put out in our waters.

theyearsstartcomin • 21 points • 7 April, 2020 10:06 PM

Think about how much money you can save by not being sick

[deleted] 8 April, 2020 01:54 AM*

[deleted]

Ill_mumble_that • 3 points • 8 April, 2020 02:23 AM

You replace the cartridges. There is a normal schedule. It is written all over the kits.

johncillo • 7 points • 8 April, 2020 12:46 AM

Even Osmosis can't do the trick, pesticides on water can also affect your balls, charcoal filter should be there as well, Dr. Tracy Gapin expands on how to optimize and take care of your balls.

Ill_mumble_that • 8 points • 8 April, 2020 01:47 AM

The multistage RO kits on Amazon at that price point include charcoal.

notajith • 3 points • 8 April, 2020 11:48 AM

Yeah typically, one sediment filter, two carbon blocks, the to membrane. Sometimes a charcoal filter to fix the flavor

cactushatter • 1 point • 8 April, 2020 07:30 PM

Do you know the brand?

perplexedm • 2 points • 8 April, 2020 11:57 AM

BPA effects are reportedly serious but considered essential buy industry. There was a post by someone who working in factory manufactured it where huge percentage of employees got cancer.

And it is found in majority of fast food packing materials even including paper packs.

cactushatter • 1 point • 8 April, 2020 07:28 PM

Great post! Do you know the brand by chance?

EdvardMunch • 3 points • 8 April, 2020 12:53 AM

I have a Berkey, its great. Its probably my favorite household item.

cactushatter • 1 point • 8 April, 2020 07:30 PM

Is that a reverse osmosis filter? Thanks in advance

EdvardMunch • 1 point • 10 April, 2020 06:19 PM

Not exactly sure, I just know the two black filters I have in it remove pretty much everything known under the sun from dye to drugs to parasites, etc. I get enough minerals from other sources and it helps ease my anxiety that i'm drinking water that just taste like wet.

PhaedrusHunt • 2 points • 8 April, 2020 06:14 AM

Best drinking water situation is filtered rainwater if you can swing it
I used to have a 3300 gallon collection system. The water was pristine

Wrightsborough • 0 points • 8 April, 2020 09:48 AM

Article is trash

rockyp32 • 12 points • 7 April, 2020 10:46 PM

What about the video games cause stress? I always feel stuck in fight or flight after gaming

RedPillD • 4 points • 7 April, 2020 11:04 PM

Does anyone have any water bottle recommendations?

[deleted] • 10 points • 8 April, 2020 01:41 AM

Plastic water bottles suck. Even those so called Bpa Free bottles have other chemicals in them like Bps.
I'd get a Stainless Steel one or a glass water bottle like hydro flask

Casanova-Quinn • 2 points • 8 April, 2020 05:25 PM

Stainless steel bottles, like Klean Kanteen.

jamaicanmeczy • 3 points • 8 April, 2020 12:02 AM

I thought vitamin d was good for you? Its lowers T levels?

[deleted] • 9 points • 8 April, 2020 01:51 AM

No it's highly recommended.

BeLeafer_1967 • 38 points • 7 April, 2020 08:11 PM

Cortisol is the biggest killer of testosterone.

CaptainFajita • 17 points • 7 April, 2020 09:13 PM

A couple of years ago my drive slowly wound down and crashed. Finally got tested and T was about 310. Took me a long while to sort it out, but in my case it was excessive aspartame consumption. Before some jackwagon starts badgering me for a source, no, I don't have one. There are some mutterings here and there on the web about it, and my own personal experience, is all I have. Took a while, but getting off diet colas finally fixed me.

320d__ • 2 points • 13 April, 2020 07:00 PM

How much of that stuff were you drinking? I am drinking a ton of that shit now, this might be a legit reason to quit...

CaptainFajita • 2 points • 13 April, 2020 07:02 PM*

Wayyyyy too much. Eight to ten per day, usually. I read somewhere else that the phosphoric acid

interferes with Vitamin D3 metabolism, a crucial part of the chemical cocktail necessary for optimum T production.

320d__ • 2 points • 14 April, 2020 01:45 PM

Fuck man I am drinking like 3 liters of coke zero per day. I will quit right after I finish my current stash.

CaptainFajita • 2 points • 17 April, 2020 02:02 AM

My drug of choice was Cherry Coke Zero. Sometimes I'd put away a case of 12-oz cans per day and then two or three 16-oz bottles through the evening, all the while congratulating myself for getting off many, many years of sugared colas. Was taking in so much fluid I was constantly pissing almost straight water (plus some essential vitamins, I'm guessing).

Had to go cold turkey off that shit, and went to unsweetened tea, a piss-poor substitute, but I eventually got used to it. Got to thinking about it later and realized you never see thin people drinking diet soda. They're mostly all fatties too, just like the ones drinking sugared colas.

[deleted] • 1 point • 15 April, 2020 06:15 AM

Just throw it all out now.

Diche_Bach • 13 points • 7 April, 2020 09:43 PM

I used to be a biological anthropology prof. Read shit tons of articles on this stuff all the way through the 1970s to early aughties. I highly recommend the work of a deceased psychobiologist: James Dabbs. His stuff is (a) right in the middle of that period (well latter middle); (b) extremely rich with citations; (c) probably still highly cited to this day.

One of his studies that stuck with me: they did a sample of daily T-levels in around 1000 men, all around the 25 to 35 age range IIRC, and stratified by occupation. Main focus of the paper was to test if occupations which one would predict have higher T have higher T (professional football players, firemen, cops): yep! They did!

Unexpected finding: there was a sub-set of "non-physical" types of jobs that were clustered up near the tough guy jobs listed above: standup comedians and evangelical ministers!

GlowInTheDarkDonkey • 8 points • 8 April, 2020 04:25 AM

In short: people who need to be in charge. Not really so unexpected, I would think. If they had said receptionist or florist then that would be unexpected.

Dimenzije90 • 50 points • 7 April, 2020 06:58 PM

I heard about exposing your balls to the sunlight. Im not even kidding. There are countless of guys on YT and Forums talking about how it helped them. Im not sure it works but next time youre sunbathing in your yard it wont hurt to show of your alpha balls.

rockyp32 • 13 points • 7 April, 2020 10:47 PM

Do these guys try just getting more sunlight before? Or did they just go straight to SUNLIGHT ON BALLS? Cause if they tried getting more sunlight everywhere else and that didn't work but only noticed a difference when the sun was on there balls that'd be interesting

Dimenzije90 • 2 points • 7 April, 2020 10:50 PM

Actually i remember beeing a debate on somewhere about this. And some guy even showed some

research about direct sunlight on balls beeing more effiecent. But i really cant remember where i saw that. This all is quite unique so i guess you dont have much research about this.

Edit: im not claiming this will help. But its worth a shot. Also Richard Cooper has talked about this and he even does it but he uses ultrared light or some shit like that. And he also says it improoved his T levels.

rockyp32 • 3 points • 7 April, 2020 11:01 PM

I heard that's been debunked but yeah I feel better when I get more sunlight definitley

PachoHerrera0 • 39 points • 7 April, 2020 07:51 PM

Good way to get testicular cancer.

Adam358 • 16 points • 7 April, 2020 08:27 PM

Only for a few minutes. Chopping wood is said to also increase it.

poopdeck • 65 points • 7 April, 2020 08:31 PM

Bro do you even chop wood with your balls basking in the sunlight? I heard a shot of bonobo squirt increases T bro

its_meKnightSwolaire • 2 points • 8 April, 2020 02:13 AM

I legit lol'd at this comment

zlodej87 • 9 points • 8 April, 2020 06:29 AM

Yup, the same way you get brain cancer exposing head to the sunlight

PachoHerrera0 • 1 point • 8 April, 2020 07:25 PM

Retard, do you even watch South Park bro

zlodej87 • 1 point • 9 April, 2020 07:48 AM

Chill

PachoHerrera0 • 1 point • 9 April, 2020 11:52 AM

Don't take things on the internet seriously son

dtyler86 • 12 points • 7 April, 2020 09:41 PM

That's not how cancer works. Maybe skin cancer on your testicles

SkotchKrispie • 2 points • 11 April, 2020 01:42 AM

Correct, and skin cancer on your balls would be very bad seeing as the skin is thin and more than likely you would have to have your balls removed to stop the cancer. I wouldn't recommend putting your balls in the sun exposed. Vitamin D is created when any skin is exposed to the sun; it is important.

[deleted] • 12 points • 7 April, 2020 08:31 PM

Pretty sure cavemen we're always naked before. And we all know they have high test

PachoHerrera0 • 22 points • 7 April, 2020 09:08 PM

Yeah I'm sure that's why

theyearsstartcomin • 3 points • 7 April, 2020 10:05 PM

You need sunburn to get skin cancer. A few minutes of sun a day is not only not harmful its good for any part of your skin

Also, not how test cancer works. You'd get a melanoma

PachoHerrera0 • 11 points • 7 April, 2020 10:11 PM

I know how cancer works, wasn't being serious. You also do not have to get burned to increase risk of cancer.

theyearsstartcomin • 1 point • 7 April, 2020 10:41 PM

Gotcha. Cant tell here anymore whos serious

Anyway, ya true, but sunburn is the only noticeable one unless you do tanning beds and even then its such a small increase its only useful over lifetimes worth of sunburns

PachoHerrera0 • 1 point • 7 April, 2020 10:51 PM

Lol not at all man, one tanning session increases your risk of melanoma by something like 25%.

Doesn't stop me from doing tanning beds in the summer tho... I unfortunately have no other way of getting sun without leaving the country ☐

theyearsstartcomin • 3 points • 8 April, 2020 05:50 AM

I meant sunburns not tanning, thats my fault on the wording

Tannings big gay dude. Powdery white skin is baller

PachoHerrera0 • 2 points • 8 April, 2020 12:15 PM

Pfft. Skin cancer is alpha. Sidebar bro.

Gawernator • 1 point • 8 April, 2020 08:22 AM

That's not exactly true

Gandalfthegrey2323 • 2 points • 8 April, 2020 02:21 PM

It could be vitamin D production. Sunlight in general is healthy for you. As long as you aren't over doing it.

AceMav21 • 9 points • 7 April, 2020 09:26 PM

Does drinking vodka excessively every night affect it?

theUnBannableHulk • 46 points • 7 April, 2020 06:35 PM*

1. Vitamin D
2. Vitamin C
3. Fapping

4. Not working out
5. Not enough sunlight
6. Depression

Edit: Lots of butthurt coomers in the comments I see ☐

Let's ask a simple question:

What are higher...chances of winning a fight against a compulsive COOMER or chances of winning a fight against a guy who doesn't spend all day cooming over pixelated images and has control and discipline over his sex drive.

There ya go, stop excusing your lack of masculinity and discipline with (((science))) coomers but hey if you wanna coom all day, go ahead, you're weak men and

the weak are meat the strong do eat. ☐☐

AlxndrMd1 • 16 points • 7 April, 2020 06:47 PM

Vitamin D and C affect T?

Dimenzije90 • 28 points • 7 April, 2020 06:55 PM

Zinck has been proven to improve testosterone the most right behind it is vitamin d.

redvelvet_oreo • 19 points • 7 April, 2020 08:34 PM

Dont sleep on Vitamin D. I had an issue with it dropping like 2 points below normal reference range and being low normal over 3 - 4 years. I never thought anything of it because my multivitamin had 1000IU of D3 and my doctors never said it was a problem. I felt horrible especially coming to brain fog and lack of sex drive. My T levels were also low like 280 at the time. I did everything I could to fix my T level and got it to about 550 but still suffered the same symptoms.

Long story short I read Chris Kressers blog and he had an article about Testosterone and a few other articles I read about fixing your blood work. I started with vitamin D3 and started taking 5000IU and in a week all my symptoms went away and I was waking up with morning wood every day. I have been meaning to get follow up blood work to check my T levels but with COVID I rather just wait till its over.

One thing to note is if you live in a city like my and have an office job and live in a place that doesn't get much sunlight you may not realize how little natural vitamin D you get.

Ill_mumble_that • 9 points • 7 April, 2020 09:23 PM

Lack of vitamin d hurts you.

Over taking vitamin d has no benefit.

Your body makes a shit ton of vitamin d from sun exposure

redvelvet_oreo • 4 points • 7 April, 2020 09:30 PM

No one said to over take Vitamin D.

After considering my life style and how very little sunlight I get it makes sense why its been a problem for me. If you live in a major city like NYC and have an office job you should test yourself annually. You would be shocked how many people back with low or low normal results.

Not to mention if you work out you also excrete micronutrients as well. A Lot of things to consider.

If you are concerned with dosage you should consult with a doctor.

Protocol_Apollo • 2 points • 8 April, 2020 12:32 AM

What supplement did you use to get 5000IU?

redvelvet_oreo • 2 points • 8 April, 2020 01:08 AM

NOW Foods

notajith • 2 points • 8 April, 2020 11:53 AM

If you can't find 5000, just take 5 1000IU

Str8_Pillin • 2 points • 8 April, 2020 01:01 PM

A spray is better than a pill

JarHeadJoseph • 12 points • 7 April, 2020 08:17 PM

There are probably 10 different micronutrients that effect T big time. When I got them in order, I felt 10x better.

Zinc, potassium, magnesium, sodium, boron, vitamin c, d, a I take everyday.

Protocol_Apollo • 8 points • 7 April, 2020 07:02 PM

Not sure about C, but vitamin d3 (make sure it's d3 not d2) zinc and eating enough healthy fat does increase testosterone.

MagnetoWned • 3 points • 7 April, 2020 11:11 PM

any recommendations on zinc to get? ionic zinc at a grocery store?

Protocol_Apollo • 4 points • 8 April, 2020 12:37 AM

Most supplements at the grocery store are shit: they are generic/their own brand.

I use zinc picolinate: this is probably the best form followed by zinc citrate.

More specifically, I use the one by solgar since they don't add any other extra stuff.

notajith • 2 points • 8 April, 2020 11:55 AM

I forget why, but picolinate is the one that's supposed to be best

MagnetoWned • 1 point • 8 April, 2020 09:18 PM

Got it, thanks!

Casanova-Quinn • 9 points • 7 April, 2020 07:25 PM

1. Get at least 7 hours of sleep every night (8 is preferable)

Gandalftthegrey2323 • 2 points • 8 April, 2020 02:22 PM

Fapping increases cortisol levels, complete opposite is true.

Zapche • -3 points • 7 April, 2020 07:53 PM

Fapping is definitely fine.

wtfdoiaskfor1 • -6 points • 7 April, 2020 07:10 PM

Fapping

I call bullshit. Show me your sources.

dominicthetiger • 13 points • 7 April, 2020 07:33 PM

I think he means porn

wtfdoiaskfor1 • -9 points • 7 April, 2020 07:33 PM*

I would call bullshit too, and ask for source, too.

dominicthetiger • 20 points • 7 April, 2020 07:36 PM

it's generally known people who indulge in excessive porn and/or masturbation tend to be low on energy. You don't need a doctor to tell you jacking off too much makes you a loser.

wtfdoiaskfor1 • -1 points • 7 April, 2020 07:40 PM

Strawman. We're talking about T, not low energy or being a loser.

I do agree that jacking off too much changes shit about you, but I'm pretty sure it's not T level. It actually has to do with prolactin and other hormones. Still, I'm asking for source because the claim that "fapping" "affects" your T is a load of bullshit.

dominicthetiger • 7 points • 7 April, 2020 08:00 PM

It does actually, but it's only temporary so no long term benefits(if you don't count discipline).

wtfdoiaskfor1 • 1 point • 7 April, 2020 08:55 PM

Yes, it also increases prolactin, but as you said, it's temporary and the effect is negligible.

A small fluctuation of <1h of duration in testosterone is largely irrelevant. This is why people who inject exogenous testosterone increase their serum levels by 2x-10x, not 10% or 20% or some small insignificant amount like that.

rockyp32 • 4 points • 7 April, 2020 10:52 PM

Prolactin spikes for like 14 days. Which makes u unmotivated also ur androgen sensitivity gets down regulated

wtfdoiaskfor1 • 2 points • 8 April, 2020 10:28 AM

Prolactin spikes for like 14 days

Where did you pull that number from?

So many claims in this thread and exactly 0 evidence.

rockyp32 • 1 point • 9 April, 2020 03:25 AM

I have a lot of the evidence bookmarked but just google about prolactin after sex or something you'll find it

wtfdoiaskfor1 • 1 point • 9 April, 2020 02:00 PM

I'm not sure I'm following.

First, prolactin response is not the same when having sex as when masturbating (and OP was talking about, I quote, "Fapping").

Second, this study shows a spike in prolactin, and a rapid decrease in a 60min period. It did not measure prolactin through a few weeks, however, but it seems obvious that if your prolactin spike starts decreasing in a 60min period, then you can extrapolate.

Last, this study shows that masturbation reduces stress-induced prolactin, which is probably due to the fact that masturbation reduces stress, produces a spike in prolactin, and then sharply falls.

I'm not sure what you mean with:

I have a lot of the evidence bookmarked

...since it doesn't seem to be that easy to find (and I refuse to spend another hour Googling and reading studies, when you can simply provide a link).

Zapche • 9 points • 7 April, 2020 07:54 PM

Porn definitely isn't any good for you but probably doesn't lower your test

adomuzas • 18 points • 7 April, 2020 08:21 PM

Masturbation doesn't have an effect on your test levels. There was a study done in 2003 with 28 participants that said that it does, but the sample size is so small that it makes it bullshit. However, it has been proven on mice that semen retention makes you convert your test to free test with androgen receptors better. And it can help you recover your dopamine receptors because you won't be blasting your juice on pixels.

Source : <https://pubmed.ncbi.nlm.nih.gov/23707935/>

<https://www.karger.com/Article/Abstract/99250>

[deleted] • 6 points • 7 April, 2020 08:30 PM

Interesting. And I'd have to say if you have high t but low free testosterone then your pretty much wasting your time

wtfdoiaskfor1 • -1 points • 7 April, 2020 08:48 PM

if you have high t but low free testosterone then your pretty much wasting your time

Source? You're making very wild claims here.

[deleted] • 3 points • 7 April, 2020 08:57 PM

Total and Free T both matter. Low Total T with high Free T suggests low SHBG (Sex Hormone Binding Globulin) which has its own health implications.

Yes, someone with Total T of 500 ng/ml with the same Free T as you would be in a better hormonal position overall if you have 900 ng/ml and a below 300 free testosterone

wtfdoiaskfor1 • -2 points • 7 April, 2020 09:07 PM

This is, again, a bunch of unsubstantiated claims.

In fact, SHBG slows MCR, which effectively means that it prevents androgens from being quickly metabolized out of your body, making them available for a longer period of time.

Furthermore, SHBG tends to correlate with total testosterone ("TT") (i.e. the higher total T, the higher SHBG), source. This source shows that vitamin D increases TT and SHBG, which means that TT and SHBG are correlated.

So your original claim of:

if you have high t but low free testosterone then your pretty much wasting your time

depends on how you interpret "low free testosterone", but since you mention SHBG I'm assuming that "low free testosterone" is equivalent to "high SHBG" for you, in which case, it's, again, blatantly wrong.

adomuzas • 2 points • 7 April, 2020 09:10 PM

No, he isn't, that's how biology works. Your total test is converted to either free test or estradiol (which is estrogen basically). So if your free test levels are low, you gain more fat. More fat means more estradiol conversion, means even less free test. So you are in deep shit if that happens. To get out of it, I would suggest serious dieting, since estradiol is made in fat. No wonder these people who weigh 400lb have shitty muscles underneath and weak bones. If you are lean and have low free test, then you have to change your routine/mindset. Things like depression, porn, stress, sleeplessness, inactivity, drugs, absorbing useless stimulus like youtube/netflix.

wtfdoiaskfor1 • 1 point • 7 April, 2020 09:13 PM

What? You're discussing something completely irrelevant.

The guy literally said that having high total T ("TT") but low free T ("FT") is a waste of time, and you are saying that:

Your total test is converted to either free test or estradiol

Yeah, this much is bullshit. SHBG also binds to DHT and E2, so if you have high SHBG and high TT, then your goddamn testosterone is going to be attached to a transporter and thus, it won't be aromatized (as much), since you have low FT. This is *by definition*, since the aromatase enzyme acts on free T, not bound T.

This thread is full of idiots with 0 references and very strong opinions.

rockyp32 • 3 points • 7 April, 2020 10:50 PM

It doesn't affect your test levels but it affects your androgen receptors which is what uses your test so you do lose test

wtfdoiaskfor1 • 7 points • 7 April, 2020 07:55 PM

That's exactly what I think, and why I'm asking for a source for that claim. It reeks of lack of knowledge, and superficial correlations made by somebody who couldn't even be able to say what the HPTA is.

[deleted] • 12 points • 7 April, 2020 08:16 PM

Porn overloads you're dopamine which is related to your testosterone. Also destroys your prefrontal cortex which is self explanatory

<https://scholarsarchive.byu.edu/intuition/vol13/iss2/2/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600144/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3949980/>

wtfdoiaskfor1 • 2 points • 7 April, 2020 08:35 PM

You're making my point.

Porn messes with dopamine and more generally your brain and fucks you up there. It does not affect your testosterone.

And your studies show that.

Furthermore, the last study shows that T can change dopamine pathways - not the other way around:

Evidence from adult rodent brain indicates that testosterone can modulate nigrostriatal dopamine

So there's exactly *zero* evidence showing how porn "affects" (as per OP's terminology) your testosterone.

[deleted] • 3 points • 7 April, 2020 08:38 PM*

As I said. Dopamine and testosterone are closely linked together.

Testosterone is being utilized with the help of dopamine in the brain, the medial preoptic area.

<https://sanescohealth.com/blog/male-libido-dopamine-testosterone/>

wtfdoiaskfor1 • 2 points • 7 April, 2020 08:44 PM

Testosterone is released in the brain

False. From this study:

Luteinizing hormone (LH) from the pituitary stimulates Leydig cells in the testis to produce testosterone

Testosterone is produced (and released by) the balls.

Dopamine and testosterone are closely linked together

This is a very far call from "porn lowers your T". You still have zero evidence, only a weak hypothesis based on a simplistic logic that goes like "porn = dopamine and dopamine = testosterone, so porn = bad for testosterone!"

Furthermore, by your own link:

One study found that microinjecting dopamine agonists (which increase

dopamine function) in the medial preoptic area of rats resulted in an increase of sexual activity (Dominguez et al. 2005)

The researchers injected a freaking dopamine agonist directly into the brain of the mice. Far from just watching porn, mate.

Read the shit you post before you post it.

Zapche • 7 points • 7 April, 2020 07:56 PM

Though I could see how a loser ass mother fucker watching too much porn could change his physiology by behavior

wtfdoiasfor1 • 2 points • 7 April, 2020 08:29 PM

Yes, absolutely, sitting all day at home watching porn can't help T, but it's not the porn that lowers T.

Zapche • 2 points • 7 April, 2020 08:30 PM

Not a scientist but can confirm

[deleted] • 2 points • 7 April, 2020 07:39 PM

Why do you keep asking everyone for sources? These people aren't writing a college essay. You want to disprove them? You do the work.

wtfdoiasfor1 • 12 points • 7 April, 2020 07:51 PM

No, I don't want to disprove them because they never proved anything in the first place.

The burden is on those who make a claim.

And I'm asking for a source because I think it's wrong to claim shit without evidence, the same way it's wrong to say "buy her flowers and a ring so that she'll love you". See where I'm coming from?

No unsubstantiated bullshit. Only objective, hard facts. No rumors.

[deleted] • 4 points • 7 April, 2020 07:59 PM

See where I'm coming from?

Yes completely.

I'm asking for a source because I think it's wrong to claim shit without evidence
practice what you preach

No unsubstantiated bullshit. Only objective, hard facts. No rumors.

Good luck, and welcome to the internet.

[deleted] • 2 points • 7 April, 2020 08:18 PM

<https://scholarsarchive.byu.edu/intuition/vol13/iss2/2/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600144/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3949980/>

wtfdoiaskfor1 • 1 point • 7 April, 2020 08:36 PM

Already answered, but - none show a direct link between porn and testosterone.

The last study shows that testosterone changes dopamine pathways, but not the other way around, i.e. porn changing testosterone.

Do me a favor and read your studies before you post them

[deleted] • 0 points • 7 April, 2020 08:43 PM

Ok answer my other comment not this anymore.

Porn obviously will do your dopamine no good. Dopamine helps us utilize our free testosterone. So it's stupid to say porn doesn't affect Testosterone

wtfdoiaskfor1 • 0 points • 7 April, 2020 08:47 PM

Answered. I still call bullshit.

Porn obviously will do your dopamine no good

True

Dopamine helps us utilize our free testosterone

Source?

So it's stupid to say porn doesn't affect Testosterone

It's stupid to claim this shit, actually. You know what else affects testosterone? Breathing. Because 100% of the healthy males in reproductive age with no hypogonadism who breathe have testosterone fluctuations. But that's a stupid conclusion to draw, isn't it?

Same for yours.

GetBehindMeSatan666 • -1 points • 7 April, 2020 07:39 PM*

My opinion on this is "If your not using it youre loosing it."

Your body will naturally slow down the production of seamen which will have a direct effect on your testosterone output.

If I dont get laid every day I need to jerk off or I dont think straight. If anything it makes me more beta because Im thirsty as fuck and will go out of my way to get laid possibly making a bad choice.

Everyone's different some might function better. My balls also start aching after day 4. Fuck that.

I also function better when Im physically hungry. Im sharper and more focused. Everyones different this sub sure does push the "No fap" policy though and never backs it up.

Edit: Im not saying its "OK" to lay around and jerk off all day.

wtfdoiaskfor1 • 9 points • 7 April, 2020 07:52 PM

Yeah, this is bullshit. Testosterone is regulated through the HPTA which TL;DR measures E2 in your blood through E2 receptors in your hypothalamus and decides how much LH/FSH to pump, indirectly controlling T production in the Leydig cells.

rockyp32 • 1 point • 7 April, 2020 10:53 PM

Damn that's sad man. You think that's what that means but not. It's like eating sugar you eat it once and slowly the more you eat it the more you need it everyday just to function. Quit fapping it'll suck for a few weeks or months but then you'll feel like a much happier man

hombredelmurir • 0 points • 8 April, 2020 03:24 AM

Fapping reduces test levels?

RedPillAlphaBigCock • 8 points • 7 April, 2020 09:38 PM

Yes thoughts matter . Stress kills test. Get organised and do work , make yourself feel like a winner and you will lower stress and have better sleep.

Vofz • 9 points • 8 April, 2020 02:14 AM

Having oneitis fucked up my testosterone levels for sure

HelveticusVIII • 1 point • 24 April, 2020 11:22 PM

your body feels the beta energy and goes nope, you're not gonna be needing this

[deleted] • 13 points • 7 April, 2020 09:17 PM

Vitamin D3 5000 IU daily. 200mg caffeine in the morning cycled 6 weeks on 1 week off. 50mg of zinc chelate, picolinate, or orotate. Multivitamin. Lifting heavy. Limiting ejaculation to once a week. Reduce daily stress. Don't drink alcohol more than once a week and don't get smashed when you do it. Omega 3-6-9 in high doses. Melatonin 10mg every night cycled 6 weeks on 1 week off (sync this up with your caffeine cycle). Panax Ginseng. Damiana. Pro-biotic.

[deleted] • 2 points • 8 April, 2020 07:00 AM

*limiting masturbation to once a week, not ejaculation.

Because if you're pounding young girls several per week then it's actually good for T and the prostate - dick and brain know the difference.

[deleted] • 3 points • 8 April, 2020 07:06 AM

Pound as many young girls as you want. You don't have to cum everytime you have sex. Testosterone peaks after one week of not ejaculating.

K-Samra • 5 points • 7 April, 2020 08:12 PM

Your body is effected by your mind as well as vice versa. So yes, your mindset will effect T

Innovative_being • 8 points • 7 April, 2020 09:59 PM

If you're a natural, the only two ways to make a measurable difference in your test levels is to get lean and get enough sleep each night.

Everything else is bullshit that won't have any measurable effect.

If you really want a test boost that will show in the gym and libido, you will have to get on TRT or run a steroid cycle.

hombredelmurir • 1 point • 8 April, 2020 03:28 AM

For men who are over 50 and experiencing ED, will TRT and lifting completely fix their problem?

Innovative_being • 2 points • 8 April, 2020 03:32 AM

It should, that's one of the main reasons TRT is prescribed. If that fails then there's always cialis/viagra

Delicious_Knowledge • 2 points • 8 April, 2020 03:07 PM

You would feel 18 years old again on TRT.

[deleted] • 8 points • 7 April, 2020 08:52 PM

Being married. When I was married I had low T counts, like 230-260. After I got divorced my level was 560. It has been holding at the higher levels. Just sayin'.

PUA_Fan • 11 points • 7 April, 2020 09:05 PM

Imagine getting married and waking up next day with testosterone levels of 65 year old dude with coronavirus :D

[deleted] • 3 points • 7 April, 2020 09:11 PM

Welcome to marriage! Hahaha.

cfbovernfl • -5 points • 8 April, 2020 05:09 AM

Is coronavirus funny to you?

PUA_Fan • 4 points • 8 April, 2020 07:52 AM

Stop wasting my time asking stupid shit...

cfbovernfl • -2 points • 8 April, 2020 08:04 AM

Why reply back then?

PUA_Fan • 4 points • 8 April, 2020 02:18 PM

Go fuck your ass with a stick

rockyp32 • 5 points • 7 April, 2020 10:55 PM

You see so stress must've lowered that plus probbsly frequent release

[deleted] • 2 points • 8 April, 2020 02:44 PM

I dont know about frequent release! haha. But Stress...oh yes.

rockyp32 • 4 points • 9 April, 2020 03:29 AM

The more you retain the more masculine you become. You always lose some energy during sex or jacking off. It's not some magical Hindu shit but creating semen and all that shit has enough nutrients and hormones inside of it to make a fucking human! When you lose that shit you lose a percentage of those hormones. Plus many brain changes. No it doesn't mean you can't be strong and release frequently but you'll be that much stronger without it. Beat off as much as possible and see how you feel for a few weeks then go cold turkey and compare I guarantee you'll feel much better retaining.

[deleted] • 3 points • 9 April, 2020 04:27 AM

I was joking about when I was married and having "frequent release"...I actually had less sex as the marriage rolled onward! I agree with everything you are saying brother. All of it.

rockyp32 • 2 points • 9 April, 2020 01:41 PM

awe4omse

Heathcliff-- • 4 points • 8 April, 2020 02:53 PM

I am higher test when I have better posture.

I am higher test when I think of myself as a warrior or a King and purposefully embrace the archetype. Look into Jungian archetypes.

I am higher test when I game women. Even just getting rejected, I feel much stronger for cold appraoching.

[deleted] • 6 points • 7 April, 2020 08:52 PM

Social media and alcohol. If you had to pick one to live without, the choice is too clear.

[deleted] 7 April, 2020 06:32 PM*

[deleted]

DrizzlyShrimp36 • 11 points • 7 April, 2020 08:55 PM

For anyone wondering, this is not true at all. Soy is indeed packed with estrogen but it is packed with phytoestrogen, aka the vegetal form of estrogen. Our body does not process it like it would normal estrogen and so it does not impact you T levels or estrogen levels in any way.

wtfdoiaskfor1 • 1 point • 7 April, 2020 07:10 PM

Bullshit. Source?

bearholdingbeer • 1 point • 7 April, 2020 08:12 PM

Dude trust me

wtfdoiaskfor1 • 4 points • 7 April, 2020 08:31 PM

"Trust me, NAWALT"

[deleted] • -2 points • 7 April, 2020 07:15 PM

Legit google it. It's the truth

wtfdoiaskfor1 • 17 points • 7 April, 2020 07:16 PM

Dude, you're making a claim, it's on you to prove it.

It's not the truth. I've seen plenty of evidence (i.e. studies) that show that soy does not significantly lower testosterone. I'm open to change my mind if you find better evidence against it.

opper-hombre1 • 3 points • 7 April, 2020 07:28 PM

I'm not sure if soy decreases testosterone, but it does increase estrogen production

wtfdoiaskfor1 • 7 points • 7 April, 2020 07:32 PM

Again, source?

All these claims and no sources.

RedRiver0415 • 4 points • 7 April, 2020 07:36 PM

Are you like on hardcore estrogen replacement or something? Trying to make sure you keep those bitch tit gainz?

wtfdoiaskfor1 • 8 points • 7 April, 2020 07:42 PM

I'm not on anything, I just have the basic decency to fact-check shit before blindly believing it, i.e. I refuse to believe things just because people say so.

Like RP. We don't believe shit society says just because, and the same way, I don't believe unfounded bullshit without source.

Just saying, a lot of the shit people say is wrong and it takes a few PubMed searches to see that. Misinformation != bitch tit gainz, you uneducated sad BP.

Edit: to add to that, I do steroid cycles and regular bloodwork and have no problem controlling my hormones or my physique. You might want to check your own bitch tit gainz before you project onto people.

MercyYouMercyMe • 9 points • 7 April, 2020 08:02 PM

I'm not on anything

Source?

wtfdoiaskfor1 • 2 points • 7 April, 2020 08:30 PM

My ass, literally. "No injections recently", it reports.

Dimenzije90 • 4 points • 7 April, 2020 07:55 PM

Just saying, a lot of the shit people say is wrong and it takes a few PubMed searches to see that. Misinformation != bitch tit gainz, you uneducated sad BP.

I call bullshit. Sorce?

BeLeafer_1967 • 1 point • 7 April, 2020 08:12 PM

Cool you're on roids you'll never be able to produce testosterone naturally ever again

Delicious_Knowledge • 1 point • 8 April, 2020 03:29 PM

Lol what

wtfdoiaskfor1 • 0 points • 7 April, 2020 08:32 PM

I *was* on roids a few months ago. I have successfully PCTd off and my T is back to normal.

Go spew bullshit elsewhere

[deleted] • 1 point • 7 April, 2020 08:20 PM

Bro you keep on bitching. For someone on juice maybe check your estrogen levels out

wtfdoiaskfor1 • 3 points • 7 April, 2020 08:28 PM

I'm currently off. PCT'd a while ago.

I'm not bitching, I'm asking for sources.

send_it_for_the_boys • 1 point • 7 April, 2020 08:36 PM

An increase in estrogen isn't necessarily a bad thing

[deleted] • -1 points • 7 April, 2020 10:26 PM

Source is google.com

I honestly don't give a fuck as I've learned that people online don't want their opinion to get changed anyway.

You will find so many varying opinions on this. Some claim it does, some say it doesn't.

"Some research shows that regularly eating soy products like edamame, tofu, soy milk and miso may cause a drop in testosterone levels."

wtfdoiaskfor1 • 2 points • 8 April, 2020 10:31 AM

I honestly don't give a fuck as I've learned that people online don't want their opinion to get changed anyway.

Look, I don't have an opinion. You can't have an opinion. I'm asking for a source for the claims. This is not an opinion, it's objective, hard, scientific data.

If you have that - I'm open to read and believe. Otherwise, I'll challenge everything and anything, since I myself read a lot of studies and know for a fact that a lot of stuff people say is complete nonsense. Or rather - broscience. And since I know they don't have a source, I ask for it, and then I get idiotic answers like yours.

It's not about an opinion. My opinion is that the blue color is better looking than red, that's an opinion and you won't change it.

But science? Throw a few well-conducted studies with decent data and you have my attention.

[deleted] • 0 points • 8 April, 2020 10:50 AM

It's not worth my time.

wtfdoiaskfor1 • 1 point • 8 April, 2020 12:12 PM

Objective truth is not worth your time, so you believe hearsay?

Blue pill as fuck

[deleted] • 0 points • 8 April, 2020 05:24 PM

It doesn't affect me, thus I don't care

Whitefarmer • 1 point • 7 April, 2020 07:34 PM

January and February are the shits for me going to try something different next year

PUA_Fan • 1 point • 7 April, 2020 09:02 PM

Your body produces a small drop of test anyway...

aegeaorgnqergerh • 1 point • 8 April, 2020 06:38 PM

Genetics mainly. Anything else is largely negligible aside from certain medical conditions or medications which can suppress it.

It is true however that low testosterone is probably the key reason behind the awful male suicide rate (compare a graph of male suicide rates by age, and male natural testosterone levels by age, and the correlation is scary) and a lot of research is being done into this.

If you feel you have symptoms of low testosterone, my main advice would be to get your levels checked. Low drive, lack of confidence, poor mood, depression, anxiety, panic attacks, etc are all *classic* symptoms of low testosterone.

xxx69harambe69xxx • -2 points • 7 April, 2020 07:20 PM

this post

ur mom